



Bristol Elder Services, Inc. Nutrition Program

PRIME TIME – DECEMBER - 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Meatball Burgundy O'Brien Potatoes Corn Nib lets Wheat Bread Mixed Fruit	2. Veal Parmesan Penne Pasta & Sauce Winter Mix Vegetables Italian Bread Pudding Mod. Pudding	3. Chicken Cantonese Seasoned Rice Green Beans Rye Bread Fresh Orange	4. Liver and Onions Mashed Potatoes Mixed Vegetables Pumpnickel Bread Mixed Fruit	5. Cheese Lasagna Tomato Sauce Spinach Diced Carrots Italian Bread Lorna Doones
8. Macaroni & Cheese Zucchini & Tomato Casserole Green Beans Dinner Roll Tapioca Pudding Mod. Pudding	9. Buttermilk Chicken Mashed Potatoes Tuscany Blend Vegetables Oatmeal Bread Fresh Fruit	10. Spaghetti & Meatballs Sauce Broccoli Italian Bread Apple Cinnamon Wafer Mod. Graham Crackers	11. Sweet and Sour Pork Steamed White Rice Garden Peas Multigrain Bread Pineapple	12. Strip Steak with Gravy Whipped Potatoes Harvard Beets Rye Bread Mandarin Oranges
15. Turkey Divan Mashed Potatoes Honey Glazed Carrots Multigrain Bread Fresh Fruit	16. Lower Sodium Hot Dog Condiments Baked Beans Cole Slaw Animal Crackers	17. Chicken w/Supreme Sce. Rice Pilaf Spinach Oatmeal Bread Pears	18. Hearty Beef Stew Brussels Sprouts Biscuit Pudding Mod. Pudding	19. Omelet w/Cheese Sce. Oven Browned Potatoes Stewed Tomatoes Wheat Bread Mixed Fruit
22. Garden Swiss Steak Rice Pilaf Spinach Rye Bread Peaches	23. Baked Ham w/Pineapple Sauce Au Gratin Potatoes Garlic Lemon Broccoli Dinner Roll Red Velvet Cake Mod. Plain Cake	24. Potato Crunch Fish Seasoned Potatoes Green Beans Tartar Sauce Multi Grain Bread Mandarin Oranges	25. Christmas Day No Meals Served 	26. Frozen meal being delivered to home delivered meal clients
29. American Chop Suey Green Beans Wheat Bread Mixed Fruit	30. Chicken Mornay Herb Baked Potatoes Broccoli Wheat Bread Peaches	31. Stuffed Cabbage Garlic Mashed Potatoes Mixed Vegetables Pumpnickel Bread Fresh Fruit	January 1, 2009 No meals served 	January 2, 2009 Frozen meal being delivered to home delivered meal clients

Dighton COA Lunch Program

At Prime Time for those sixty years of age and over.

Call the day before by 10:30 a.m. 508-669-6272 to reserve a lunch.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

Without your voluntary \$2.00 per meal donation, many people would go hungry. Please give.

For reservations / cancellations call your local COA or the Nutrition Office 508-324-4619 before 10:30 a.m.
on the previous business day if you want to cancel.